

Flava!

拍数: 32 墙数: 4 级数: Intermediate
编舞者: M.T. Groove (UK)
音乐: I'm Good - Blaque Ivory



WALK BACK RIGHT, LEFT, PRESS RECOVER FLICK, SIDE CROSS SIDE, LEFT COASTER STEP

- 1-2 Walk back right, left
3-4 Press right to right side, flick right foot behind left calf as you recover left
5&6 Step right to right side, cross left over right, step right to right side as you drag left heel next to right
7&8 Step back left, close right next to left, step forward left

REPLACE KICK, HITCH, CROSS, UNWIND FULL TURN, SIDE TOUCH TWICE

- 1-2 Step right in place (you will jump onto right) as you replace kick left to left side, hitch left knee
Arm movement: for count 1, circle your right arm to the right up from waist to head then out to right side. Finish the circle by slapping the side of your right leg. This acts as a trigger for your right leg to replace kick the left leg out to the left side. Remember this is all on count one

- 3-4 Cross left over right, unwind a full turn right (weight ends up on right)

Keep counts 1-2-3-4 sharp

- 5-6-7-8 Step left to left side, touch right next to left, step right to right side, touch left next to right

Restart from the beginning of the dance at the end of this section but take the weight onto the left on count 8 during wall 4 (facing 9:00) and during wall 8 (facing 6:00)

BUMP BUMP, RIGHT SAILOR ½ TURN, ROCK ¼ TURN RECOVER, TAP HITCH STEP

- 1-2 Bump hips to left twice, weight ends up on left
3&4 Step right behind left as you make a ½ turn right, step left to left side, step forward right
5-6 Rock forward left, recover on to right as you ¼ turn right
7&8 Tap left next to right, hitch right knee up, step down on left with weight on it

WALK RIGHT, LEFT, RIGHT, FORWARD MAMBO LEFT RECOVER, SIDE ¼ STEP (KNEES APART), STEP ¼ WALK WALK

- 1-2-3 Walk forward right, left, right
4&5 Mambo forward left, recover right, make a ¼ turn left as you step left to left side knees bent out to sides (squat position) with hands on inside of knees
&6-7-8 Step right next to left, make a ¼ turn left as you step forward on left, walk right, left

REPEAT

ENDING

You'll be facing 9:00 as you do counts 7-8 of last section. Just step back a ¼ turn to the front